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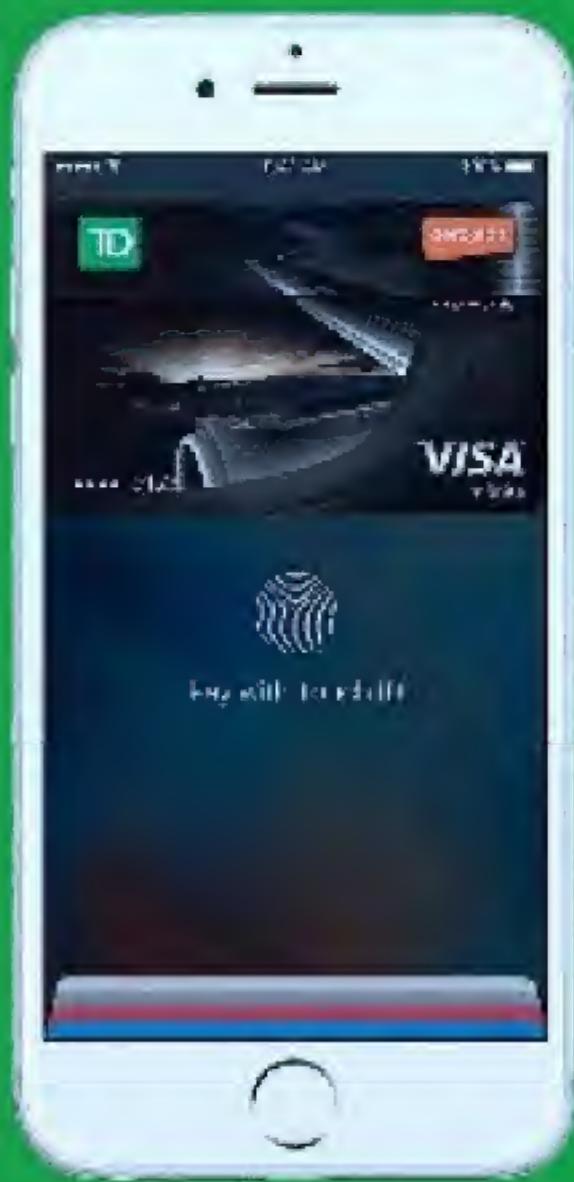
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Lathering with craft lagers

SOAP MAKING

Local beer being used to make unique handmade suds

Shane Gibson
Metro | Winnipeg

A local entrepreneur is hoping to clean up with her latest venture—a craft beer bar.

But the sorts of suds being brewed up by Katherine Rudge at Thistle & Bee Botanicals aren't the sort you'll want to test for mouth feel, and the bar is opening in your shower.

Rudge has created a line of handmade beer soaps and she says using lagers for lather actually makes for a surprisingly perfect pairing.

"Beer makes a super, super bubbly soap," she said. "And you get a lot of the aroma of the beer coming out without it being alcohol-smelling."

So far Rudge has made two types of beer soap, a bar using Half Pints Brewery's Le Temps



Katherine Rudge holds out her beer soap - made with Half Pints brew. SHANE GIBSON/METRO

Noir and another using the local brewer's Heidrun's Sweet Mead, since starting her soap-making venture in February.

Rudge said the soap making process burns off all alcohol — yep, we asked, that means you can't get drunk while showering

— but the beer's desired fruity aromas are left behind.

The former science and math teacher says her beer soaps are hopping off the shelves at the markets where she sells her wares, and expected to be all sold out of beer soap after a stint

at the St. Norbert Farmers' Market over the weekend.

But she's been busy trying new beer soap combinations and expects to have two new batches using Half Pints' St. James Pale and Bulldog Amber Ale ready to sell soon.

For those looking for a more highbrow shower, Rudge makes a bar using champagne and cashmere, and for teetotalers she also crafts soaps using coffee and tea.

"I experiment with all sorts of different liquids to see what I can come up with," she said.

SHOWER TREND

Having a cold one while taking a hot shower is a trend that's picking up steam beyond University dorm rooms and frat houses and Rudge says Thistle & Bee Botanicals and Half Pints Brewing are looking at the possibility of packaging her beer soap with a beer brewed especially to be enjoyed while showering.

"I like to use local things that are pretty decadent and different."

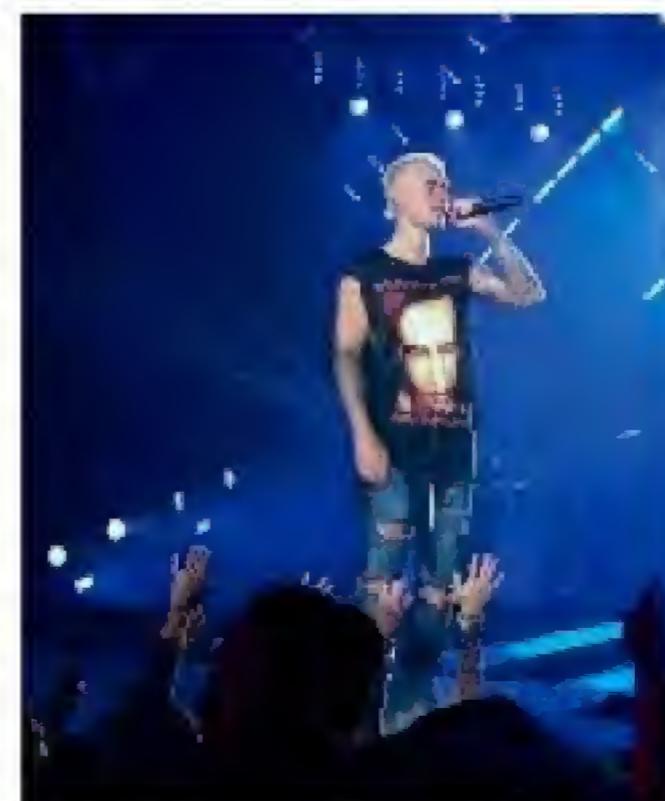
If the Rudge name sounds familiar to beer lovers, it should — her husband is Half Pints' brewmaster Dave Rudge.

With the popularity of her beer soaps the pair is looking at making her bars available at the St. James brewery once they get their tap room open.

In the meantime Rudge will be set up at markets across the province this summer. For a list of where she'll be and to see more of her soaps, go to thistleandbee.ca.

Winnipeggers out having fun

It may have rained on the weekend, but that didn't stop Winnipeggers from walking for charity, or doling themselves up for the scream-fest that was the Justin Bieber concert. METRO



Left to right: Participants walk down Wellington Crescent for the Annual Crusin' Down the Crescent, a 10K walkathon for Children's Rehabilitation Foundation. TWITTER/MAYOR BRIAN BOWMAN Entertainer Ashley Bienierz gets ready to perform at Saigon Park for the Ellice Street Festival. TWITTER/WESTENDBIZ Did you hear the screams? We could hear them at Portage and Main when singer Justin Bieber took the stage at MTS Centre Saturday night. TWITTER/BIEBER_ROSE Kids Fest happened at the Forks despite the rain, and face painting is always a popular activity. TWITTER/TRAVELMANITOBA

Advocate proceeds with caution

TRAFFIC SAFETY

Todd Dube gets time with city officials to make his case

Braeden Jones
Metro | Winnipeg

After years of being a thorn in the city's side, anti-traffic ticket advocate Todd Dube of Wise Up Winnipeg finally had the chance to meet with city officials.

He had a presentation ready: a slideshow, charts and data complete with analysis of every "indefensible" use of enforcement, ticketing and traffic engineering he's been fighting publicly more than five years.

"We showed them all of [the issues] presently being targeted with enforcement unfairly, but most pressingly, Winnipeg's dangerous — yet profitable — amber light times," he said.

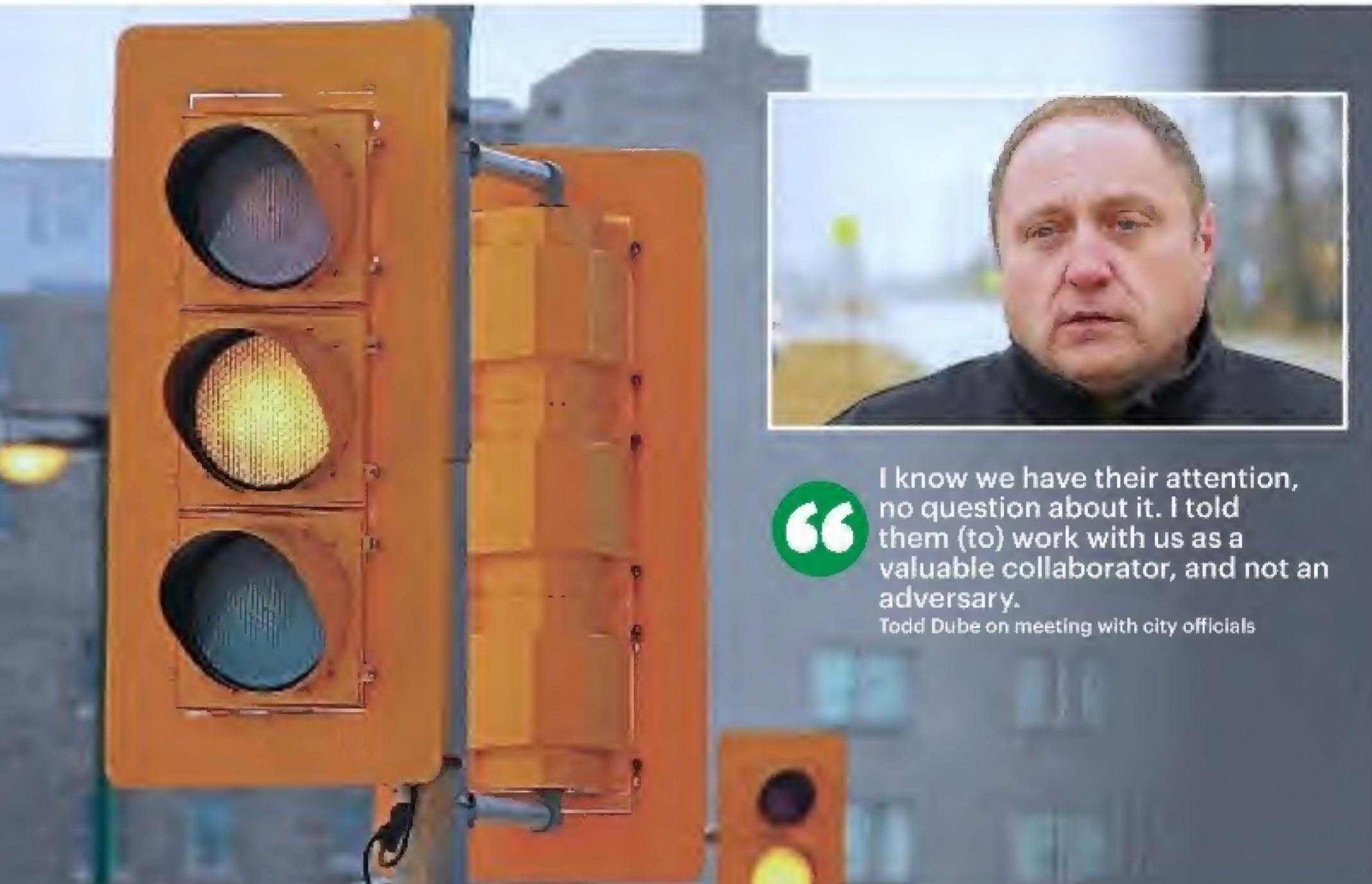
Winnipeg's amber lights are the shortest in the country, even though provincial legislation makes the law for what running a red here actually means more restrictive than other jurisdictions.

Dube said it puts Winnipeggers in a "dilemma zone," in which they don't have time to either reasonably stop or proceed without breaking the law.

"The red light violations they're issuing in the city of Winnipeg are for inadvertent, unintentional, normal driving behaviours," he said, noting most of the intersections where the city has seen the highest collision rates and ticketing rates are the same for a reason.

He believes there is no safe or legal way of going through an intersection when an amber light comes up in Winnipeg.

On Sept. 2, he'll make that case along with traffic engi-



Amber light times are unfair in the city, says traffic ticket crusader Todd Dube. BRAEDEN JONES/METRO

ers that support his cause in defence of a member of Wise Up at a special court sitting.

Dube said he also plans to subpoena the city's transportation manager Luis Escobar, whom he claims made a mistake when calculating Winnipeg's amber light times.

Infrastructure committee chairwoman Janice Lukes, who met with Dube and saw his presentation, said her goal was to hear him out and give him the chance to make his case.

"It was a good meeting, I learned a lot from his perspec-

tive," Lukes said.

In the hour they met, Dube wasn't able to get through his entire presentation, so Lukes said she's committed to "sit down with the (transportation) department and have them give me their perception."

"I'm going to talk with the transportation engineers and have them review the Powerpoint, go through it, and then we are going to talk about it and move forward from there," Lukes said. "Obviously he's got concerns and obviously that's our job, to listen to concerns

and bring them forward to the right experts to hear what they have to say."

All of Wise Up Winnipeg's positions on the city's traffic engineering and enforcement issues are in the hands of Lukes, COO Michael Jack, and the city's traffic engineers.

"I know we have their attention, no question about it," Dube said, adding that at the end of the meeting, he told Lukes Wise Up is "open to a collaborative relationship."

"I told them (to) work with us as a valuable collaborator.

and not an adversary."

Lukes agreed, and said once the material is reviewed, if anything comes out of it, the city and Wise Up "have to work together."

She said she wants to hear what the experts have to say before making any judgments, but after all of Dube's demonstrations, protests and campaigns to fight traffic injustices as he saw them, she still believes the city's engineers "are doing what the guidelines set out to do."

Dube said whether the city

gets back to him with collaborative future contact before the September court date remains to be seen, but he believes it would be in their best interest.

"I told them... we're going to win, it's going to be expensive," he said, alluding that red-light ticket refunds would cost the city "tens of millions" of dollars.

"So either I'm going to court and we are going to win, or in the interim (the city will) recognize this and correct it in the name of real safety," Dube said.



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Coun. Janice Lukes at the Peggo launch. BRAEDEN JONES/METRO

City finally ready to roll out Peggo

TRANSIT

Electronic fare system will replace paper passes, tickets

Braeden Jones
Metro | Winnipeg

Winnipeg Transit users will soon pay fares and go with "Peggo," the city's new electronic fare collection system.

Coun. Janice Lukes and other city officials announced the system's name and brand with an enthusiastic "hello to Peggo" preview event at City Hall.

"Peggo will improve the transit experience for both riders and operators," Lukes said of the simple plastic cards that will replace paper passes and tickets. "It's easy, it's like your bank card, you simply tap it when you get on the bus and off you go."

An embedded microchip inside each smiley Peggo card registers payments of a single fare each time it's tapped against the pay terminal.

"It will allow transit users to move conveniently on the bus ... (and) reload their cards in stores," Lukes said.

Cards will be able to be reloaded with money for fares at 90 locations around the city including Shoppers Drug Marts, 7/11 stores or by phone and online.

Peggo E-passes replace the paper passes, and Peggo E-Cash replaces paper tickets.

"We will still take paper passes, we will still take tickets,



Seniors will be the first group to be able to use Peggo cards starting on July 4. BRAEDEN JONES/METRO

and will slowly phase those out after time," Lukes said, noting cash fares will always be accepted.

The slow launch over multiple months will begin with seniors as the first group to be able to use Peggo cards starting on July 4.

Peggo cards are available for purchase and cost \$5, but for a limited time users will have that value rebated onto the card as e-cash if the card is used within 90 days of being purchased.

Lukes said the \$17.7 million project was completed on budget, and although it took longer than anticipated (it has been in the works since 2006) the city "got it right."

"Any time you're dealing with technology it's so critical that you get it right," she said. "(Winnipeggers) are going to use it Get on the bus and see that it's right."

Transit manager Dave Wardrop said with any new system like this, "one would anticipate

some bugs or some issues," but noted he's "aware of none."

"Thorough testing has indicated that we've got a strong system at this point," Wardrop said.

He also emphasized how Peggo is a "leading edge system that offers features and functionality that is virtually unsurpassed" in other cities.

One special feature he noted is like a three-minute lag from the time cards are tapped on fare boxes until when it can register another fare.

"What that does is that avoids the opportunity for people to tap with a pass, and because of heavy loading or traffic, or bags or parkas, slip the pass to someone behind them ... to pass through on the same pass," he said. "It is a security feature to avoid pass back."

Lukes said registering users will also give the city more detailed ridership information to adjust routes and schedules based on Peggo usage.



Winnipeg's Village Canadien will see savings of \$50,000 a month. MANITOBA.COOP/HANDOUT

Feds boost housing co-ops

RESIDENCE

Liberals outline mortgage relief, funding help

Co-operative housing providers are being given a multi-million-dollar financial boost by the federal government to help thousands of low-income tenants stay in their homes.

The minister in charge of the federal housing file says co-ops will be able to pay off the federally backed, high-interest mortgages they signed decades ago with no penalty.

Social Development Minister Jean-Yves Duclos says the government will provide \$150 million over four years to federally funded co-ops and non-profit housing providers to help them pay off their federal loans, allowing them a chance to test the private market for mortgages at vastly reduced rates.

For a place like Winnipeg's Village Canadien, the move will save the co-op about \$50,000 a month in interest payments.

The previous Conservatives government promised the money in the 2015 budget, but deferred the spending until this year.

Duclos, in a speech Saturday to co-op housing providers in Hamilton, Ontario, said the funding should reduce their expenses, let them use private capital to finance repairs and become self-sustaining and not reliant on federal funding to keep operations afloat.

The 40- and 50-year mortgage agreements captured in the announcement were signed between housing providers

and the Canada Mortgage and Housing Corp., in the 1970s and 1980s and came with interest rates of up to 13 per cent.

The government plans to use \$30 million from the affordable housing money set aside in its first budget to renew funding agreements that have expired since April 1 and those that are set to expire before the end of March 2018.

"Thousands of low income, co-op residents are going to sleep a lot easier," said Nicholas Gazzard, executive director of the Co-operative Housing Federation of Canada.

The Liberals first budget put \$2.3 billion into affordable housing initiatives over the next two years to buy the government time to work on a long-term housing strategy for the country that takes into account the complex web of shelters, transitional housing, co-op housing, social housing, rental units and market housing.

Gazzard said his group wants to see federal and provincial governments provide more income assistance to low-income, or fixed-income tenants like seniors and those with disability issues so co-op housing providers could focus funds on managing properties instead of income subsidies.

THE CANADIAN PRESS

\$2.3 billion

The amount allocated in the Liberal government's first federal budget for affordable housing over the next two years.

PROVINCIAL POLITICS

NDP plan to have new leader by October 2017

Manitoba New Democrats will have a new leader by late next year.

The party's provincial council met Saturday and decided that a replacement for former premier Greg Selinger will be chosen, at the latest, by the end of October 2017.

Selinger announced he would step down after losing the April 19 election, and has been replaced on an interim basis by former cabinet minister Flor Marcelino.

The council also decided that a party convention will be held before the end of next March to lay down ground rules and address some of the controversies that surrounded the 2015 leadership race, which saw Selinger barely survive an internal coup.

Party president Ovide Mercredi says the party will work out how much of a role the labour movement will play, whether the party will use delegates to choose a leader or al-

low every member a vote, and other matters.

In the 2015 race, labour unions were allotted 31 per cent of delegate slots, and almost half of those went to the Canadian Union of Public Employees, which backed Selinger.

Theresa Oswald, who came within 33 votes of unseating Selinger, protested the allotment but the party brass ruled against her.

The NDP constitution "needs to be clarified. It needs to be

completed," Mercredi said Saturday.

No one has declared their candidacy so far.

A one-member-one vote system could favour former cabinet minister Steve Ashton, who has run twice for the party leadership and has signed up large numbers of new party members each time.

Ashton, 60, finished third in the 2015 leadership race, and has not ruled out another try.

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July 26 – Marco Castillo

August 2 – Aisha Belle
August 9 – Sean Burns
August 16 – Well Sister

August 23 – Casati
August 30 – Kenzie Jane

Tuesdays
June 7 – August 30
Noon – 1pm

In case of rain the concert will be moved into cityplace Centre Court. See more at: <http://downtownwinnipegblz.com/programs-services/events/downtown-concert-series/#sthash.yYDvEMJl.dpuf>

cityplace

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‘Nobody stood a chance’: Witness

MASSACRE

Gunman dead after killing at least 50 at gay nightclub

It had been an evening of drinking, dancing and drag shows. After hours of revelry, the partygoers crowding the gay nightclub known as the Pulse took their last sips before the place closed.

That's when authorities say Omar Mateen emerged, carrying an AR-15 and spraying the helpless crowd with bullets. Witnesses said he fired relentlessly — 20 rounds, 40, then 50 and more. In such tight quarters, the bullets could hardly miss. He shot at police. He took hostages.

When the gunfire finally stopped, 50 people were dead and dozens critically wounded in the deadliest mass shooting in modern U.S. history. Mateen, who authorities said had pledged allegiance to Daesh in a 911 call shortly before the attack, died

in a battle with SWAT team members.

Authorities immediately began investigating whether the assault was an act of terrorism and probing the background of Mateen, a 29-year-old American citizen from Fort Pierce, Fla., who had worked as a security guard.

At least 53 people were hospitalized, most in critical condition, officials said. A surgeon at Orlando Regional Medical Center said the death toll was likely to climb.

“There’s blood everywhere,” Orlando Mayor Buddy Dyer said.

The gunman’s father recalled that his son recently got angry when he saw two men kissing in Miami and said that might be related to the assault.

Mateen’s ex-wife said his family was from Afghanistan but that her ex-husband was born in New York. His family later moved to Florida.

The Orlando suspect exchanged gunfire with 14 police officers at the club, which had more than 300 people inside. The

gunfire started around 2 a.m.

“He had an automatic rifle, so nobody stood a chance,” said Jackie Smith, who had two friends next to her get shot. “I just tried to get out of there.”

At one point, the gunman took hostages. Around 5 a.m., authorities sent in a SWAT team to rescue them, Police Chief John Mina said.

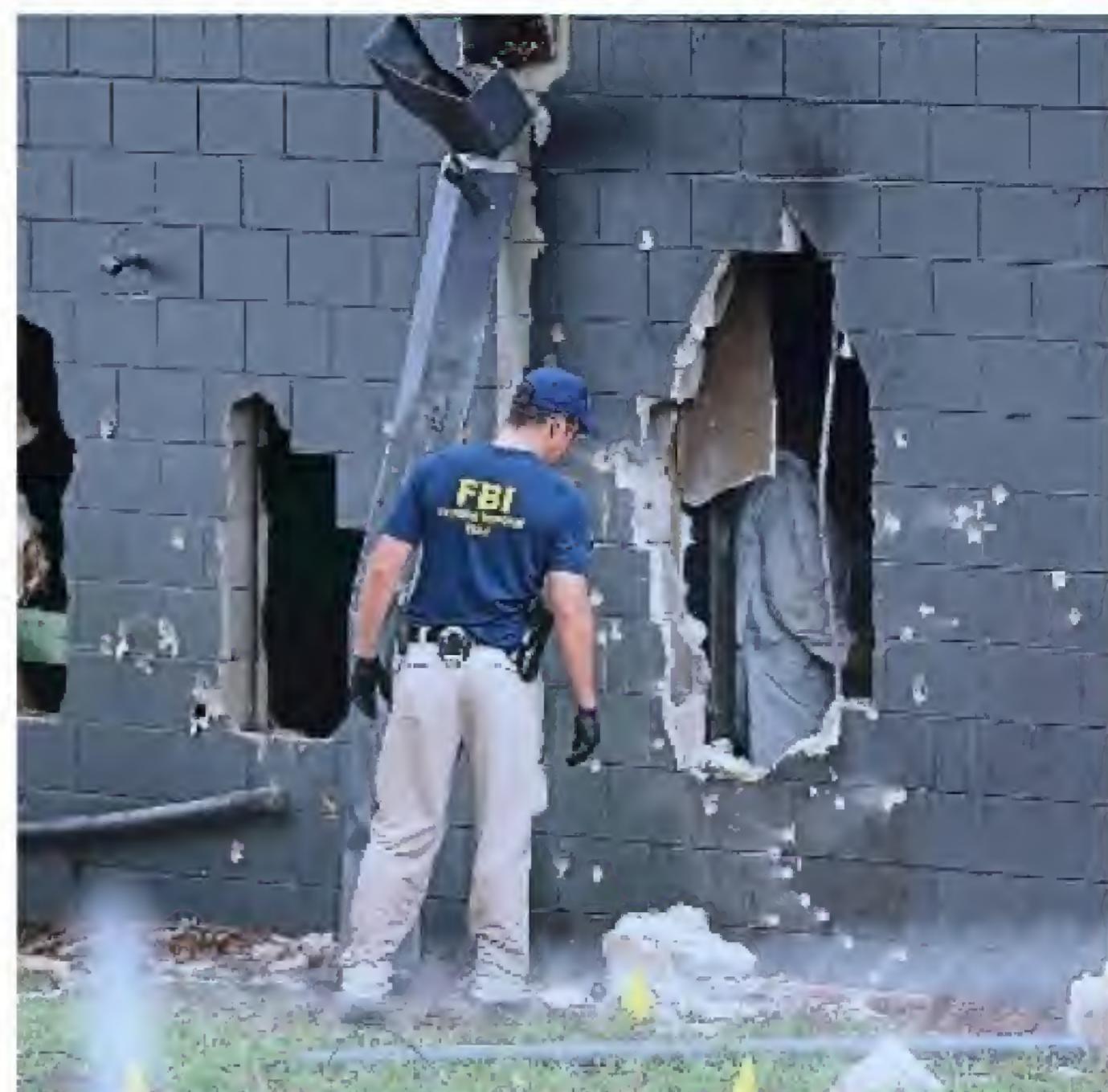
In addition to the assault rifle, the shooter also had some sort of “suspicious device,” the police chief said.

In the aftermath of the attack, police departments across the country stepped up patrols in neighbourhoods frequented by the LGBT community.

THE ASSOCIATED PRESS

BACKGROUND

The previous deadliest mass shooting in the U.S. was the 2007 attack at Virginia Tech, where a student killed 32 people before killing himself.



FBI agents investigate the damaged rear wall of the Pulse Nightclub in Orlando, Fla., where a mass shooting killed at least 50 people and injured 53 others in what is the deadliest mass shooting in the country’s history. JOE RAEDLE/GETTY IMAGES

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Leaders condemn attack, urge unity

RESOLVE

Obama calls it an 'act of terror and an act of hate'

U.S. President Barack Obama decried the deadliest mass shooting in American history on Sunday as a terrorist act targeting a place of "solidarity and empowerment" for gays and lesbians. He urged Americans to decide "if that's the kind of country we want to be."

Hours after a gunman killed at least 50 people in Orlando, Obama said the FBI would investigate the nightclub shooting as terrorism but said the shooter's motivations were unclear. He said the U.S. "must spare no effort" to determine whether the suspect had any ties to extremist groups.

"What is clear is he was a person filled with hatred," Obama said. He added: "We know enough to say that this was an act of terror and an act of hate. And as Americans, we are united in grief, in outrage and in resolve to defend our



U.S. President Barack Obama addresses the mass shooting Sunday. ALEX WONG/GETTY IMAGES

people."

Obama had planned to travel to Wisconsin on Wednesday for his first campaign appearance of the 2016 race, a joint rally with Hillary Clinton in Green

Bay, Wisconsin. But Clinton's campaign and the White House said that event was being postponed in light of the attack.

The president, who has proclaimed June as Lesbian, Gay,

Bisexual, and Transgender Pride Month, called the attack "heartbreaking" for the LGBT community. He said the site of the shooting was more than a nightclub because it was a

place where people came "to raise awareness, to speak their minds and to advocate for their civil rights."

For Obama, the hastily arranged remarks were the latest

PM REACTS

Canadian officials express their grief and sympathy

The attack came during Pride month, both in the U.S. and Canada. Candlelight vigils to mourn the victims were planned in several Canadian cities Sunday night, including Toronto and Vancouver.

Prime Minister Justin Trudeau offered Canada's condolences to the victims, calling the massacre a "domestic terror attack."

Ontario Premier Kathleen Wynne, who is openly gay, wrote on Twitter that her thoughts are with the LGBT community, while B.C. Premier Christy Clark tweeted that she is "incredibly saddened by the evil brutality" of the Florida shooting. THE CANADIAN PRESS

in what's become a tragically familiar routine. Since he took office in 2009, Obama has appeared before cameras more than a dozen times following mass shootings and issued written statements after many others.

The president made no new, specific call for stricter gun laws. Though he lamented "how easy it is" for people to get their hands on weapons, Obama appeared resigned to the likelihood that he'll be unable as president to substantially address the mass shootings that have proliferated in recent years.

"We have to decide if that's the kind of country we want to be," Obama said. "To actively do nothing is a decision as well."

Obama spoke from the James S. Brady Press Briefing Room, named after the former press secretary who was shot and permanently disabled in an assassination attempt on President Ronald Reagan.

He also signed a proclamation on Sunday ordering flags to be flown at half-staff until sunset on Thursday in honour of the victims.

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Shooter was known to FBI: Official

HISTORY

Father says son got angry after seeing two men kissing

A law-enforcement official says the shooter in the massacre at a gay Florida nightclub was known to the FBI before the incident and had been looked at by agents within the last few years.

Omar Mateen of Port St. Lucie, Fla., has been identified as the shooter in a massacre at a gay Florida nightclub Sunday.

The official said the matter for which Mateen came under investigation was "open and closed pretty quickly." The official was not authorized to discuss the ongoing investigation and spoke on condition of anonymity.

A gunman wielding an assault-type rifle and a handgun opened fire inside Pulse Orlando early Sunday before dying in a gunfight with SWAT officers, police said.

Rep. Alan Grayson named the shooter, citing law-en-



A bomb disposal unit checks for explosives around the apartment building in Fort Pierce, Fla., where Orlando nightclub shooter Omar Mateen is believed to have lived. JOE RAEDLE/GETTY IMAGES



He would just come home and start beating me up because the laundry wasn't finished or something like that.

Omar Mateen's ex-wife

thinks that may be related to the shooting.

Seddiq says: "We are saying we are apologizing for the whole incident.... We are in shock like the whole country."

The father also says the incident has nothing to do with religion.

Mateen's ex-wife has spoken with the Washington Post, telling them he was abusive and "not a stable person."

The ex-wife, who the Post said spoke on condition of anonymity because she feared for her safety in the wake of the mass shooting, said, "He beat me. He would just come home and start beating me up because the laundry wasn't finished or something like that."

Officials say the shooter was among the 50 killed and that they're investigating whether the incident was an act of terrorism.

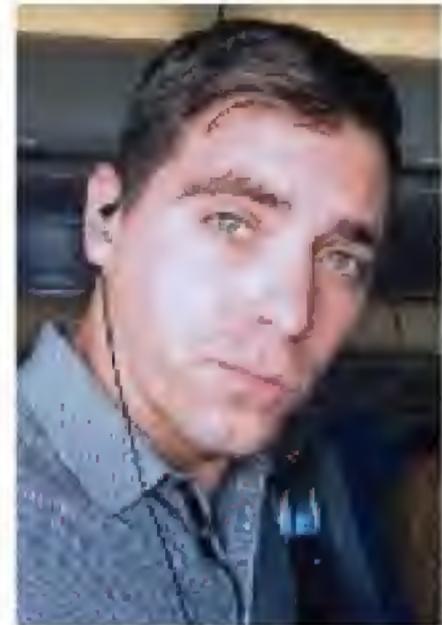
A SWAT truck and a bomb-disposal unit were on the scene of an apartment complex in a residential neighbourhood in Fort Pierce, Fla., associated with Mateen. Fort Pierce is nearly 200 kilometres southeast of Orlando.

THE ASSOCIATED PRESS

Names of victims emerging



Luis S. Vielma
FACEBOOK



Edward Sotomayor Jr.
FACEBOOK



Luis Omar Ocasio-Capo
FACEBOOK



Peter O. Gonzalez-Cruz
FACEBOOK



Eric Ivan Ortiz-Rivera
FACEBOOK



Stanley Manolo Almodovar III
FACEBOOK

PRIDE ARREST

Man detained in California had guns and explosives

An Indiana man armed with three assault rifles and chemicals used to make explosives was arrested in Southern California on Sunday and told police he was headed to a gay pride parade — an event that annually draws hundreds of thousands of people, authorities said.

The early morning arrest in Santa Monica of James Wesley Howell, 20, came just a few hours after the shootings in Orlando, though authorities said they had found no evidence of a connection between the suspects.

Residents called police to report suspicious behaviour from Howell, who was parked facing the wrong way in a white sedan, police said.

When officers arrived they saw an assault rifle sitting in Howell's passenger seat, Santa Monica police Lt. Saul Rodriguez said.

That prompted them to search the whole car. They found two more assault rifles, high-capacity magazines and ammunition and a five-gallon bucket with chemicals that could be used to make an explosive device, police said.

Santa Monica police Chief Jacqueline Seabrooks had initially tweeted that Howell told officers he wanted to do harm at the gay pride event, but she later said that tweet was inaccurate.



Items removed from a car are displayed on a sidewalk after a heavily armed man was arrested in Santa Monica, Calif., on Sunday. REED SAXON/THE ASSOCIATED PRESS

ate, and that Howell only said he was going to the event.

The huge parade and festival known as LA Pride took place later in the day about seven miles away in West Hollywood.

Authorities would answer no further questions on Howell or his motives. The FBI has taken over the lead of the investigation from the local police. Indiana State Police Capt. Dave Bursten referred all questions about the investigation to authorities in

California.

A Facebook page that is apparently Howell's is full of pictures of a white Acura like the one he was arrested in, and pictures that appear to match the photo police Carl Oliver of Los Angeles attends the parade every year. He said he cried after hearing about Orlando but never considered not coming.

"This is about love," he said. "We have to show our love and unity." THE ASSOCIATED PRESS



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All Stores: GREEN 2" x 6" Radius Edge	7⁹⁸ Ea	10³³ Ea	12³³ Ea	14⁴⁹ Ea	16⁵⁵ Ea
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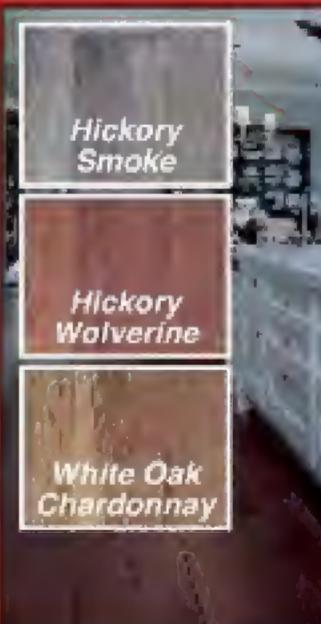
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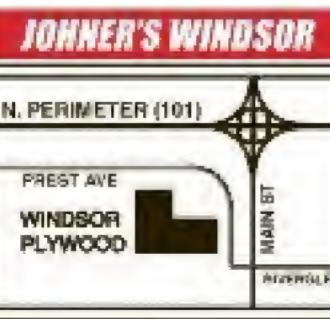
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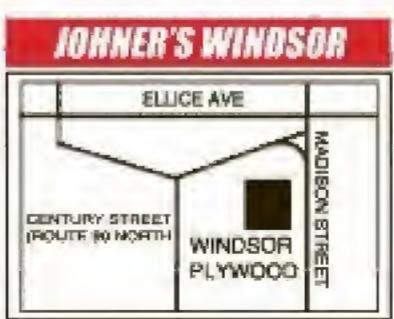
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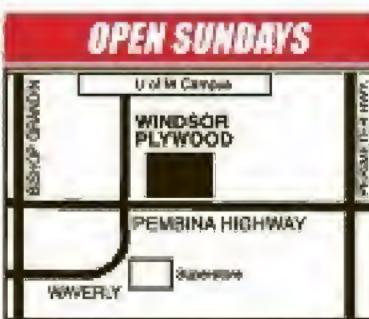
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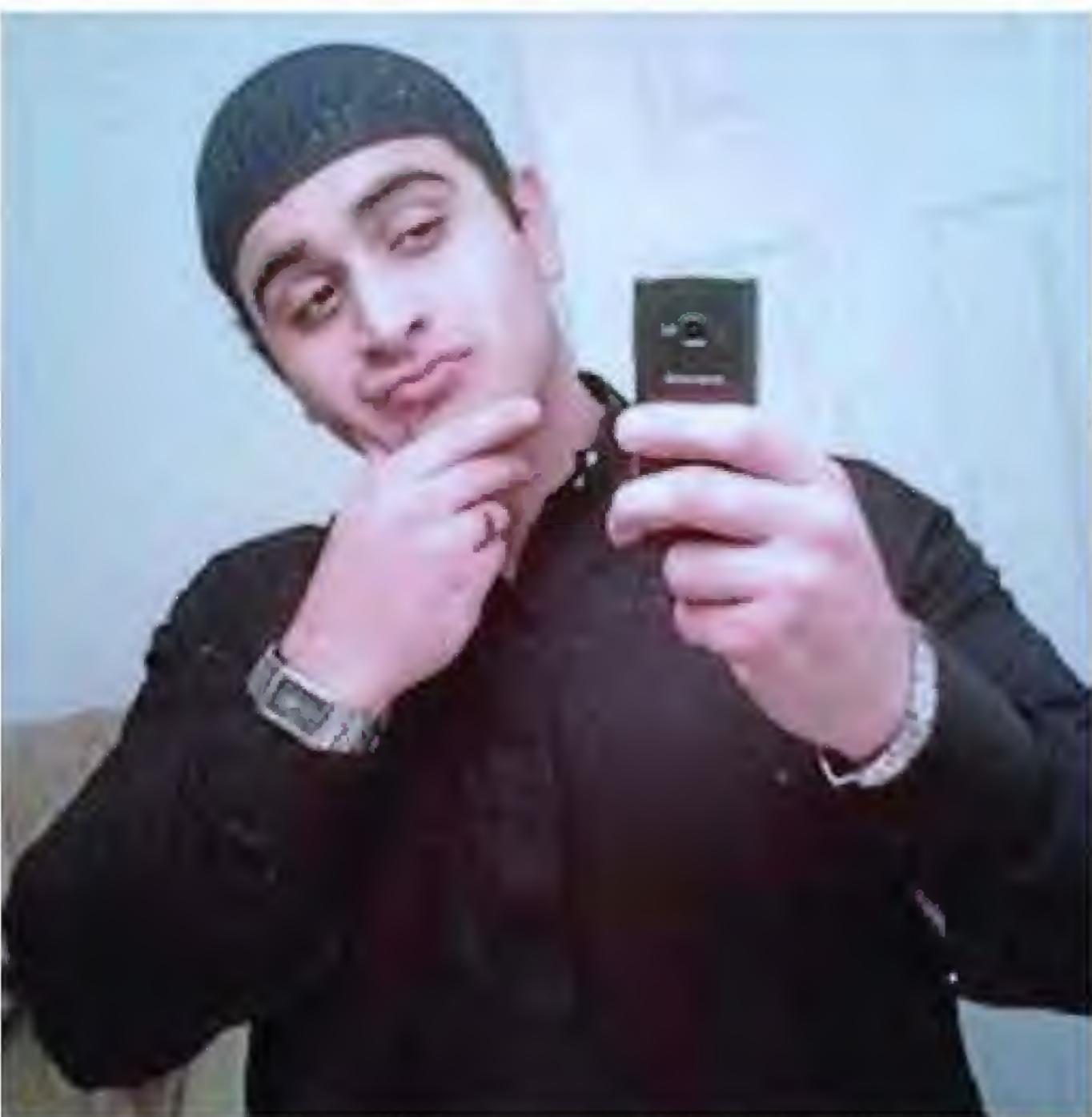


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Omar Mateen, who authorities say killed dozens inside an Orlando nightclub on Sunday.

MYSPACE/THE ASSOCIATED PRESS

Ideology is often a 'mask': Expert

PSYCHOLOGY

Stated motives can simply be a final excuse for mass murder

Raging homophobia? Islamic radicalism?

Whatever motivation may emerge for the Sunday morning slaughter at a gay nightclub in Orlando, Fla., should be viewed with skepticism, an expert in mass shootings says.

Adam Lankford, a criminal-justice professor at the University of Alabama, says underlying mental-health issues typically drive such murders, with any ideological impetus being a grasped excuse to justify the carnage.

"There have been a lot of offenders in the past who claim an ideology," says Lankford, author of the 2013 book *The Myth of Martyrdom: What Really Drives Suicide Bombers, Rampage Shooters and Other Self-*

Destructive Killers. "But we don't really think that what they said is why they did it or is the primary reason they did it."

The 29-year-old Mateen himself was killed by police, who soon described his rampage as a terrorist act. But his father, Mir Seddique, said his son may well have been driven by homophobic anger, having become enraged several months ago in Miami

hear this person claims a motive or doesn't, to what degree should we believe him?"

Lankford says his book exposed "case after case after case" of killers who professed that Islamic fundamentalism was behind their carnage, but they "really seemed to care more about some combination of killing others and killing themselves," he says.

It was their way of framing themselves as martyrs or heroes in their perspective.

Criminal-justice professor Adam Lankford

at the sight of two men kissing.

Lankford says there's a good chance Mateen will have left documents or Internet postings that would make his purported motivations clear.

"So if what we're interested in is what this guy claims is the reason for his attack, it's possible he'll give us the answer," he says.

"That's one answer, but then the broader thing is, once we

"The ideology in their case was really kind of a mask. It was their way of framing themselves as martyrs or heroes in their perspective."

Mateen is unlikely to have expressed either a long-standing homophobia or radical Islamic commitments, Lankford says.

"You'll probably see that as a kind of triggering thing, closer to the end." TORSTAR NEWS SERVICE

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metro VIEWS

Orlando shooting

Monday, June 13, 2016



VOICES FROM CANADA'S LGBT COMMUNITY

Coast-to-coast outrage

Metro sought out reaction to the Orlando massacre from prominent LGBT advocates in Halifax, Ottawa, Toronto, Winnipeg, Calgary, Edmonton and Vancouver. Their shock was palpable, as was their resolve to unite their communities around the tragedy, which saw 50 people killed and more than 50 others injured. **Here's what some of them said.**

'My heart goes out to the victims. Our community has suffered a tremendous loss. We must stand together.'

ELLEN PAGE, HALIFAX, ACTRESS AND LGBT ACTIVIST, (VIA TWITTER)



'The injury to an LGBT person is an injury to all of us. I'm tired that we're having to deal with this kind of hatred again.'

EL-FAROUK KHAKI, TORONTO, FOUNDER, LGBT-FRIENDLY UNITY MOSQUE



'This is an extreme act of violence targeting not just individuals but an entire community, to eradicate a community.'

KRIS WELLS, EDMONTON, INSTITUTE OF SEXUAL MINORITY STUDIES, UNIVERSITY OF ALBERTA



'This guy is a reflection of that five per cent of society who are bigots ... He didn't have the ability to raise a moral army, so instead he picked up a gun.'

MORGANE OGER, VANCOUVER, CHAIR, TRANS ALLIANCE SOCIETY OF B.C.



'The more we point fingers, the more we will become further divided. We need to reunite and remember the people who lost their lives.'

NOLAN HILL, CALGARY, LBGT ACTIVIST WHO ORGANIZED A VIGIL THE CITY'S OLYMPIC PLAZA



ROSEMARY WESTWOOD

Orlando's meaning depends on which echo chamber you live in

The bloodiest mass shooting in U.S. history has sent the country into shock. But the reaction was set in stone long before the first bullet was fired.

After a single man massacred 50 people at a downtown gay club, Orlando, Fla., "tragically sits atop a list of infamy, sharing the sorrow of Virginia Tech, Newtown, Conn., and Aurora, Colo.," to quote the Orlando Sentinel newspaper. These sites of mass shootings are a new category of American city to which none aspires, and that are inevitably used as shorthand for conflicting beliefs.

"Liberals are going to scream gun control and Republicans are going to scream terrorism," my American fiancé told me. I had called him and his parents in the wake of news, as play-by-play coverage of the investigation and fallout rolled across American media.

"Mass shootings are the Rorschach test," he said. "Whatever you want to see in America, you see your issue in it. They get bigger and bigger. It's an epidemic, and whatever you think the cure is, the epidemic just proves it."

That isn't to say such issues — be it terrorism, gun control, LGBT hatred or mental health — are baseless. The gunman, Omar Mateen, did reportedly claim allegiance to Daesh in a 911 call before the attack, and Daesh has claimed responsi-

bility. (Whether Mateen had any "direct link" to Daesh, or was simply inspired, remains unclear. The New York Times reported). Mateen reportedly acquired both the handgun and a long gun used in the attack legally. Mateen's father said that Mateen was recently greatly upset at seeing two men kissing. And who wouldn't wonder about the mental health of a mass murderer?

But the rush to diagnose outpaces the rush to understand because doing so lets us box the problem away, requiring no further thought, or even nuance. In this way we preclude any real progress toward preventing violence, and saving lives.

The right dismisses the left, and the left does the same, and the echo chambers increase hatred and violence as we skip straight to blame, noted my future father-in-law.

And what of the slain? As their names are slowly released, they battle with "terrorism" and "guns" for headline space, and our attention.

"We need to support each other, we need to love each other, and we will not be defined by a hateful shooter," said Buddy Dyer, Orlando's mayor.

The city might achieve that goal in practice, but the symbolism of its name has been set. And the nation was defined by the shooter before he took a single shot.

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Some parents are using the publicity surrounding the sentencing of former Stanford student Brock Turner, seen above, to talk to their own children about sexual misconduct.

THE ASSOCIATED PRESS FILE

How to talk about consent

ANALYSIS

It's never too early to teach kids about healthy sexuality

When a relative swoops in for an unwanted hug, Todd Minerson's kids don't grin and bear it.

"I teach my kids now, if you don't want to hug grandpa today, that's OK," said Minerson, a father to a 10-year-old boy and a 5-year-old girl and executive director of White Ribbon, an organization promoting gender equality and challenging harmful ideas of masculinity. "That's (their) choice and he's going to respect that."

How to teach children about consent is one of the teachable moments sexual health educators are hoping to come from outrage over details in the Stanford University swimmer sexual assault case — in which a jury in March convicted student athlete Brock Turner, 20, of sexually assaulting an unconscious woman by a dumpster last year. That outrage intensified last week as the victim's impassioned letter spread online, along with Turner's father's in-court comments about "20-minutes-of-action" not warranting his son's six-month jail sentence.

Parents need to talk to their children about consent, healthy sexuality and about taking re-

sponsibility when they cause harm, educators say.

"It starts from birth," said Lyba Spring, Toronto sexual health educator, explaining that as babies, parents should use a gentle, loving touch with their child. As he or she grows, the parent should teach the dictionary names of all body parts, tell the child that touching oneself is OK but should be done in private, and help the child practise saying a big, affirmative "Yes."

Parents also must respect their child's "Nos." If a child doesn't want to be picked up, tickled or hugged, parents must accept that, said Spring.

The message needs to be clear: your body is your own, she said.

As children get older and conversations turn to sex, the message should evolve and include the three prerequisites for any sexual interaction: consent, safety and pleasure, said Spring. She tells students "sub-

stances and sexual activity are a bad mix," though it's one thing to be buzzed and another to be incapacitated — an unconscious person can't legally consent to sexual activity under the Canadian criminal code. If consent isn't clearly there, "You stop on a dime," she said.

But educators and anti-violence advocates admit even they have trouble answering tough questions about the nitty-gritty of consent.

"Nuance is hard," said Minerson. "There are a thousand different scenarios that in real life people could find themselves in. And they need to have the principles and strategies to figure them out themselves."

When working with groups of boys whose questions start going down a rabbit hole, Minerson comes back to the hallmark questions of consent: Is it affirmative? Is it enthusiastic? Is it ongoing?

"If you hear an answer that's anything but enthusiastically affirmative, it's not OK," he said.

Some educators say there's no difference between teaching consent to boys versus teaching it to girls.

But Minerson said that although the mechanics may be the same for both sexes, the context is sometimes different. Men need to know they need to ask for consent, and women need to know it's OK to say "no" and that "no" needs to be respected, he said.

TORSTAR NEWS SERVICE



If you hear an answer that's anything but enthusiastically affirmative, it's not OK

Todd Minerson, executive director of White Ribbon on consent



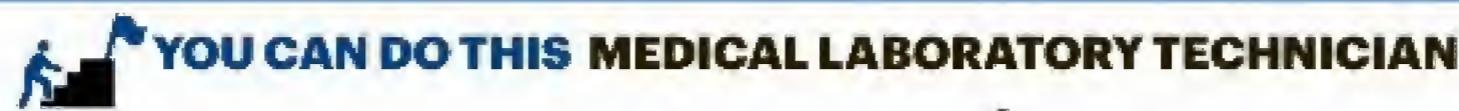
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'Impeccable attention to details'

WHY I LIKE MY JOB

Debby Sousa, 39, Medical Lab Technician, Cytology Department - LifeLabs, Toronto

My leap into the health care industry was a career change I'll never regret. I was laid off during the recession in 2008 and decided to enrol in the medical technician program at the Algonquin Career Academy. The program offered a six-week placement in a health care setting, which led to my full time position at LifeLabs.

As a cytology technician, my job is to collect and accurately process patient specimens, which are small clusters of cells from tissue or body fluids. Essentially, I serve as the bridge between physicians and medical technologists, properly labelling and distributing patient vials while additionally assisting with specimen processing for the analysis and microscopic screening of cancer cells.

I am proud of my role in patient care. It's very fulfilling, and I enjoy being able to provide the best possible service for patients, fellow technicians and health care providers. The job requires impeccable attention to detail since it's such a vital service to the health care system. Most of all, I love being able to work with a diverse team that supports one another, encourages professional growth, and makes each day fun and unique.



THE BASICS: Medical Assistant

\$38,664

Median salary of entry-level medical lab technicians.

Advanced professionals in this line of work can earn upwards of **\$60,000** annually.

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The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, service-canada.gc.ca, trade-schools.ca and ontonline.org.

HOW TO START

Most post-secondary diploma or certificate programs span six to 14 months, with a direct focus on the pre-analysis components of medical lab duties. After graduation, students will typically gain hands-on laboratory experience in medical sample collection and preparation, equipment maintenance and basic laboratory testing.

WHERE YOU CAN GO

A qualified medical laboratory technician can expect to find work in several facilities, including walk-in clinics, hospitals, research labs, animal clinics and government departments. The onset of new illnesses – matched with the demand for more medical tests due to an aging population – has led to an increase in job prospects. Recent advances in medical equipment and technology have allowed physicians to order a much wider range of patient tests – creating more demand for qualified technicians.

NEXT CAREER STEP

A medical laboratory technician can pursue additional education and training to become a medical laboratory technologist, which typically detects and monitors medical conditions through performing diagnostic tests on specimens. A technician may also earn qualifications for advanced roles as a phlebotomist, echocardiography technologist or cardiology technologist.



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Keeping up with the Joneses is futile

SHOPPING

There are better ways to be happy than materialism

Gail Vaz-Oxlade
For Metro Canada

Our willingness to exchange our life energy for stuff has become so acceptable that we don't even perceive it to be a problem. Why else would folks who have no money in an emergency fund, or nothing saved for the future, think it's OK to drop \$5 for a cup of coffee or \$200 on a new pair of shoes? Why do we celebrate shopping by lining up for hours to acquire the latest doodad or get the "best deal"? Why are we so much more willing to admire a person's outsides than their insides?

Do you really think that stuff defines who you are to the people around you? Do you really want those people around you — people who are unable or unwilling to know YOU, but perfectly happy to judge your stuff? Really?

Once upon a time we could assume that a couple with a nice house, a snappy car and cool clothes had their financial lives together. But the proliferation of credit has skewed the picture. I was having dinner with a friend recently who said, "I make more than my neighbours and they have way nicer stuff than I do. How come?" I asked if she had any debt. She said all she had was a mortgage.

"Rest assured," I said. "Those neighbours with all the nicer stuff have way more debt than you do."

Until folks recognize that their stuff does not define them are always going to have to keep buying more stuff. So much stuff that they'll actually have to go out and buy more space to keep all their great stuff.

The flip side of this is recognizing that "doing" does more for you than "having." The more time you spend reading, knitting, cooking, visiting, playing, laughing, dancing, preserving, creating, the more accomplished you will feel and the richer your life will be regardless of what your stuff looks like.

Learn something new and feel the pleasure ooze through you. Practise to become more



Metro columnist Gail Vaz-Oxlade says activities will enrich your life more than new possessions will. iSTOCK

proficient and bathe in a sense of real accomplishment. Focus on the things you are doing — as opposed to rushing through them so you have time to go shopping — and watch those things become more meaningful to you.

“

Rest assured, those neighbours with all the nicer stuff have way more debt than you do.

Doing less with more intention not only brings more pleasure in the doing, it reduces your desire to acquire because you're so busy enjoying what you have. And if you don't get everything done in a whirlwind of activity that

means you have something wonderful you can look forward to doing tomorrow.

Slow down. Savour. Share. You are what you do with your life, not what you have. The shiniest pots and the sharpest knives don't make you a wonderful cook. Sure there's the thrill of acquisition and first few uses. But it is the cooking, and sharing the cooking, challenging yourself with new recipes and experiment with new ingredients, that will bring joy to your cooking experience and your life.

Swap delirious want for joyful doing and it won't really matter what your stuff looks like, or who comments on it, because you'll be so happy you'll just blow off their shallowness and superficiality.

For more money advice, visit Gail's website at gailvazoxlade.com

COMMERCE

E-shopping drives shipping boom

Retailers might be struggling to lure shoppers through their doors because consumers are too busy ordering online. But shippers aren't complaining.

Demand for parcel delivery keeps rising, and even companies like DHL Express Canada, which specializes in overseas deliveries, are seeing an increase in shipments.

"The business is growing dramatically in Canada. We are quite bullish on Canada," said DHL Express Canada president Andrew Williams, who declined to share detailed sales figures but said company revenues here have grown at about 15 per cent a year in the past two years.

The company, which is owned by Deutsche Post DHL, will open a retail store at the Scarborough Town Centre in July. In Toronto this fall, the company is also looking to add Packstations, giant yellow lockers where consumers can collect parcels at any time — a common sight in Europe.

Williams said the key is flexibility, so consumers have the option to have an item delivered to their home, office or even a neighbour, or to a Packstation.

Craig Calvert, director of customer solutions at UPS Canada, agrees that consumers want choice, with control over delivery including dates and times.

"Maybe you ordered an item online and you notice it's going to be delivered on Friday, and you're planning a getaway for the long weekend. You can change the date for delivery from your phone, computer or tablet," Calvert said.

Even Canada Post, which is grappling with a steep decline in letters and bills, credits the parcel business for helping to generate profits in the first quarter.

The Crown corporation opened a "post office of the future" concept in Richmond Hill last October, which will roll out in other cities soon including Edmonton and Vancouver. It includes drive-thru parcel pick-up and a fitting room to try on items purchased online.

"If it fits, wonderful, you take it home," said Danielle Doiron, Canada Post's director of parcels market development. "If it doesn't, you return it right away."

TORSTAR NEWS SERVICE

\$ THE FUTURE

High for drugs

There's been much buzz about Amazon's plans to deliver goods by drone. DHL has also been testing drone delivery in some remote mountainous regions of Germany for high-value goods like prescription drugs.

Magical groceries

In Sweden, courier company PostNord and supermarket chain ICA AB are testing this service a straight-to-the-fridge grocery delivery service for 20 households in Stockholm. The key is an add-on lock that messengers — who promise to take their shoes off — can open with a smartphone.

Digital paperboy

The New York Times has teamed up with a meal delivery startup called Chef'd to get exact ingredients to readers who want to try recipes featured on the NYT Cooking website.



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Can schools keep up with job market?

CHILDREN'S EDUCATION

System creating skills mismatch: Economist

Jennifer Wells
Torstar News Service

"God, there's a lot."

That's economist Craig Alexander exhaling deeply in an interview about the labour market. It's not an expression of exasperation about the latest labour force survey from Statistics Canada, in which we see a relatively flat job market and the ongoing structural adjustment to lower energy prices. But the substantive issues that lie behind the changing profile of the labour market and our readiness for the future demands of work.

Education, by example.

"The global labour market is evolving quicker than our institutions seem to be able to change," Alexander says. "So as the labour market changes and skills demand change, the education system doesn't actually change the way it's delivering that education, or the outcomes our kids are experiencing. As a consequence you fall behind and you fall behind and you fall behind until there's a feeling

that there's a crisis that needs to be dealt with and you get some policy action."

Alexander is vice-president of economic analysis at the C. D. Howe Institute and ex of the TD Bank, so he's lived the life of monitoring financial market responses to statistical data. But today he's wondering about high school guidance programs that appear ill-prepared to help students make informed decisions as to what programs to take in university. Parents about to send their daughters and sons off to their first-ever university experience this fall can no doubt relate.

(In our own household, the Grade 9 Careers course was an utter waste of time. Perhaps your own experience has been different.)

Alexander has worked up a chart, as you might expect. He charted graduate rates by discipline — "How many students are going through the university system and graduating with a general arts degree and what percentage are coming out with degrees in engineering, math, sciences. If you compare the graph of what kids are studying in university with a graph that shows employment rates by graduation, they're inverted."

Those who have followed labour force mismatches have known this for some time.

"I think (the education sys-



Economist Craig Alexander says we need to encourage more entrepreneurship among our young people.

NICK KOZAK/TORSTAR NEWS SERVICE FILE PHOTO

tem) has fallen very far behind where we need it to be for the labour force in the 21st century," Alexander continues. "Their structures and their programs are often delivering the experience that students needed in, for example, the nineties, not what they need today."

We could talk about financial literacy for days. More than four years ago Ontario's Ministry of Education adopted a strategy of weaving financial literacy into the curricula for students in Grades 4 to 12. Entrepreneurism — a vital focus, in Alexander's view — is knitted into the intro-

duction to business courses in high school, electives in Grades 9 and 10, and standalone courses in Grades 11 and 12.

"We need to encourage more entrepreneurship among our young people," Alexander says. And offer expanded apprenticeships and co-op programs. And place an enhanced focus on literacy. "If you don't have strong literacy and numeracy skills going in to university, you often won't have them when you come out of university. I think employers have been very clear about the fact that they want work-ready employees."



TD Bank Group Senior Vice President & Chief Economist Craig Alexander. CARLOS OSORIO/TORSTAR NEWS SERVICE

“

There are a lot of things we should be doing to improve the education system to help our students be better prepared before they even go into the post-secondary system

Craig Alexander

TOBACCO

Smokers try to quit 30 times on average, survey finds



A new study has found that on average a smoker has tried to quit once per year. ISTOCK

It takes some people more than 30 attempts to quit smoking for good, a far greater number than previously believed, according to a new study in BMJ Open, an open-access medical journal.

The study, published Friday, demonstrates the difficulty in quitting smoking, said lead researcher Dr. Michael Chaiton, scientist at the Ontario Tobacco Research Unit and assistant professor at the University of Toronto's Dalla Lana School of Public Health. BMJ Open is associated with the publication formerly known as the British Medical Journal.

Previous estimates for attempts to quit smoking have varied. According to the study, a recent Gallup poll found it took American former smokers an average of six attempts; the Canadian Tobacco Use Monitor-

ing Survey found 3.2 attempts. An often-cited figure is between five and seven attempts, used by the Canadian Cancer Society's Canadian Smokers' Helpline.

But most studies have gone back and asked smokers who successfully quit how many attempts they can recall, Chaiton said.

"People are really bad at remembering quit attempts," he said. Other data that only includes former smokers may be biased, he added.

The BMJ Open study is an analysis of data from 1,277 adult participants in the Ontario Tobacco Survey, who had made an attempt to quit. The longitudinal survey followed up with smokers every six months for three years starting in 2005.

Participants were initially asked, "How many times have

you ever made a serious attempt to quit smoking?" And then asked at six-month intervals how many attempts they had made to quit smoking for good. The analysis, which found an average of 29.6 quit attempts, incorporated frequency of the smoker's habit. Occasional smokers needed fewer attempts.

Using recall, former smokers said they attempted to quit around six times.

Thirty attempts fits previous

“

People are really bad at remembering quit attempts.

Dr. Michael Chaiton

studies that have shown smokers, on average, attempt to quit once a year, generally in their 40s or 50s, "consistent with clinical observations," the study said.

Success quitting varies among smokers. A substantial proportion quit on the first few tries. Yet one person in the survey recalled 216 attempts, Chaiton said. Nearly four in 10 will relapse after one year.

Rosa Dragonetti, project director of the Nicotine Dependence Clinic at the Centre for Addiction and Mental Health, said the new study aligns with current practices.

"Those of us who work with clients see this already," Dragonetti said. Until last year clinic staff told clients 10-12 attempts could be expected. Now 20-30 is the figure used.

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

Satan needs to update his aesthetic

THE SHOW: *Outcast*, Season 1, Episode 4

THE MOMENT: The demon's logic

Reverend Anderson (Philip Glenister), an exorcist in Cornpone, West Virginia (not the town's name, but it might as well be), believes he exorcised a demon two years ago from his parishioner, Mildred (Grace Zabriskie). But Kyle (Patrick Fugit), the Rev's new exorcist partner, thinks that either the demon has returned, or never left.

Sure enough, Anderson visits Mildred, and she's possessed. "What if we like who we become?" she taunts him. "What if it works better for us this way?"

"How can it be better to hurt the people who love you, leave a hole in their soul?" he sputters.

"Holes can be filled," she scary-smiles. "There's room inside a human soul for more than love, more than God. Something that fills it in ways you haven't imagined."

This is why I hate demon shows. (Though between this, *Preacher*, *Lucifer*, the recently canned *Damien*, the new film *The Conjuring 2*, and the upcoming series *The Exorcist*, the Lord of Hellfire is, um, hot.)

If Satan is so powerful, why does he mess around, as he does here, with one demon at a time, making a small-town mum hurt her son, and another son hurt his mum? Why not possess every



Kyle (Patrick Fugit) is Reverend Anderson's new, astute exorcist partner in *Outcast*. CONTRIBUTED

world leader and military commander instead? Or hey, just possess everyone and be done with it?

Plus, I've had it with all the screaming children, contorted limbs, ominous ravens, dripping blood, spewing goo, evil eyes, dead raccoons nailed to trees,

and rancid interiors.

A renovation show should possess Satan, and update his aesthetic.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

HOGAN LAWSUIT

Ziff Davis to buy bankrupt Gawker

Gawker is filing for bankruptcy protection and will sell itself rather than pay \$140 million to pro wrestler Hulk Hogan.

The company says it plans to sell itself to publishing company Ziff Davis.

Gawker filed for Chapter 11 bankruptcy protection, about three months after Hogan won a lawsuit against the online gossip and news publisher. The sale will be conducted through bankruptcy court so other bidders could emerge.

The New York company said in the filing that it has as much as \$500 million in debt and up to \$100 million in assets.

Hogan sued Gawker after it posted a video of him having sex with a friend's wife. Hogan was awarded \$115 million in compensatory damages plus an added \$25.1 million in punitive damages. It was later revealed that billionaire tech investor Peter Thiel had been secretly funding



Hulk Hogan testifies in court during his trial against Gawker Media. Hogan won a \$140 million suit against the company.

GETTY IMAGES

Hogan's lawsuit.

Thiel, who co-founded PayPal and was an early investor in Facebook, has been a frequent target of Gawker writers, who have written unflattering pieces about Thiel's political beliefs and utopian goals. One 2007 post outed Thiel as gay. Another Gawker site, Valleywag, ran a number of stories skewering Facebook, which provided a big chunk of Thiel's

estimated \$2.7 billion fortune.

A spokesman for Thiel said he had no comment on Friday.

In the filing, Hogan, whose real name is Terry Bollea, was listed as Gawker's biggest creditor.

Gawker founder Nick Denton said in a statement that Ziff Davis' e-commerce, licensing and video assets would be a good fit with Gawker's websites.

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Grimmie killer planned, targeted singer

FANS REACT

'This person was in the crowd with us'

A gunman who shot and killed a singer who rose to fame after appearing on *The Voice* travelled to Orlando from another Florida city specifically to attack her and then fatally shot himself, authorities said Saturday.

Orlando Police Chief John Mina said at a news conference that the suspect, identified as 27-year-old Kevin Loibl of St. Petersburg, Florida, didn't appear to know Christina Grimmie personally. Grimmie was shot to death after giving a concert in Orlando on Friday night. She died early Saturday.

"She was doing a meet-and-greet, just signing autographs and selling merchandise. This white male approached her and opened fire, striking her," Mina said.

"We believe he came here to commit this crime."

The 22-year-old singer from New Jersey finished third during season six of NBC's *The Voice* in 2014, competing on the team of Maroon 5 star Adam Levine. She began amassing a following on YouTube as a teenager, gripping online viewers with her powerful renditions of hit songs.

In an earlier statement, police said Grimmie had performed with the band *Before You Exit* at The Plaza Live in Orlando. The concert ended around 10 p.m., and Grimmie was shot as she signed autographs for fans at a merchandise table in The Plaza



Christina Grimmie was shot as she signed autographs for fans at a merchandise table. THE ASSOCIATED PRESS

Live concert venue.

Grimmie's brother, Marcus, immediately tackled the gunman, who then shot and killed himself during the struggle, police said. They credited the singer's brother with preventing the gunman from hurting others. Around 120 others were in The Plaza Live at the time.

"Very heroic actions by Marcus Grimmie to jump in and it

definitely could have prevented further loss of life," Mina said.

After the concert, 17-year-old Kaitlin Martin was standing with a group of other fans outside The Plaza Live, waiting for members of *Before You Exit* to come out, when she heard several loud "pops."

"We thought at first they were balloons... but then security started running all over the place



A fan pays her respects at The Plaza Live venue in Orlando, where Grimmie was shot on Friday. Grimmie died early Saturday. GETTY IMAGES

yelling at people to get out because someone has a gun and someone is shooting. Everyone is just running all over the place," said Martin, who travelled to see the concert from Brunswick, Georgia. "It was chaos."

Martin said she was unsettled knowing the suspect had watched the concert in the same audience she was in.

"This person was in the crowd

with us, and while we were singing, having a great time, he was there with different intentions," she said.

Detectives were searching Loibl's cellphone and social media accounts looking for clues as to a motive, Mina said, but they weren't aware of any history of stalking of Grimmie by the suspect.

At Loibl's home, in St. Peters-

burg, someone had left a note on the front door, expressing the "deepest sorrow" for the loss "to the family, friends & fans of the very talented, loving Christina Grimmie." The note said there would be no other comment. No one answered the door to the one-story house that had a rusted, metal animal trap in the yard.

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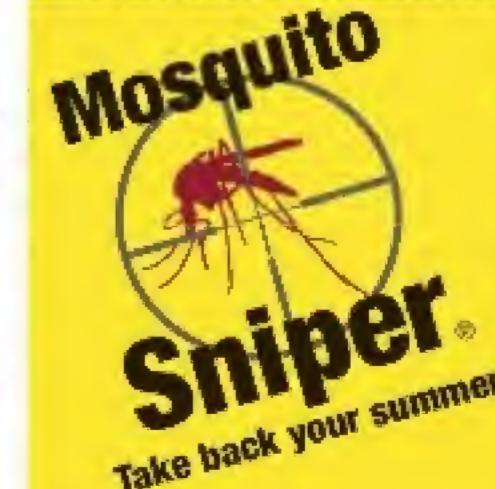
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UEFA have threatened England and Russia with expulsion from Euro 2016 should there be further violence from their fans

Henderson captures her first major championship

GOLF

Canadian teenager bests top-ranked Ko in playoff

Canadian Brooke Henderson beat top-ranked Lydia Ko with a birdie on the first hole of a playoff Sunday in the KPMG Women's PGA Championship after overcoming a three-shot deficit on the back nine.

The 18-year-old native of Smiths Falls, Ont., ranked No. 4 in the world, closed with a bogey-free 6-under 65 — the best round of the week at Sahalee — to match Ko at 6-under 278. Ko finished with a 67.

In the playoff on the par-4 18th, Henderson hit her second shot from 155 yards to three feet, while Ko's second from farther back in the fairway left her with 20 feet. Ko missed to the left and Henderson tapped in to cap a week that started with a hole-in-one on her fourth hole of the tournament and ended with a major championship.

In regulation, Henderson saved par on 18 with a 12-footer, moments before Ko missed a four-foot birdie try on the par-3 17th. Henderson also eagled the par-5 11th and birdied the par-3 13th. She won last year in Portland, Ore., for



Brooke Henderson of Smiths Falls, Ont., poses with the trophy after winning the KPMG Women's PGA Championship on Sunday in Sammamish, Wash. JEFF GROSS/GETTY IMAGES

her first tour title.

Henderson became the second-youngest winner in a major championship, with

Ko the youngest last year in the Evian Championship in France. Henderson also ended Ko's bid for her third straight

major victory.

Ariya Jutanugarn, in search of a fourth straight victory, shot 66 to finish a stroke back.

She missed a birdie putt on the 18th that could have put her into the playoff. THE ASSOCIATED PRESS

MLB

Pitchers want in on home run derby

Cubs manager Joe Maddon is intrigued about having pitchers, including Chicago ace Jake Arrieta, compete in the All-Star Home Run Derby.

Giants ace Madison Bumgarner has said he would like to participate in the July 11 event at San Diego. Following his 8-2 win over the Atlanta Braves on Saturday night, Arrieta said he would want to match home-run

13

Bumgarner has 13 career homers.

power with Bumgarner.

"If he's in it, I want to be in it," Arrieta said after having two hits in the win.

"I think it would be interesting," said Maddon, who mentioned Zack Greinke, Clayton Kershaw, Jacob deGrom and Bartolo Colon as other possible pitchers who could compete. "It might even be more interesting than the regulars." THE ASSOCIATED PRESS

IN BRIEF

Martin powers Jays past O's Russell Martin's three-run homer in the sixth inning staved off a Baltimore comeback and the Toronto Blue Jays hung on to beat the Orioles 10-9 Sunday.

Trailing 5-0 in the first and 7-1 in the third, Baltimore used the long ball to get back to 7-6.

But Martin drove a 1-1 pitch off reliever Mychal Givens deep to centre field to pad the lead to 10-6 with his fifth home run of the season.

THE CANADIAN PRESS

FORMULA ONE

Hamilton wins for 5th time in Canada

Lewis Hamilton is the Canadian Grand Prix champion again.

The Briton powered his Mercedes AMG to victory Sunday, holding off Sebastian Vettel's Ferrari over the final 32 laps to claim the race for a second year in a row and fifth time overall.

Hamilton edged Vettel by five seconds in the 70-lap race, while Valtteri Bottas brought his Williams in third for a second straight year. It was the Williams team's first podium finish of the year. THE CANADIAN PRESS



Lewis Hamilton

CHRIS ROUSSAKIS/APP/GETTY IMAGES

NHL

Crosby fondly looks back on Howe

Sidney Crosby can't recall whether it happened during his first or second season in the league, but he remembers everything else about meeting Gordie Howe.

"Like anyone else, you don't even know what to say," Crosby said of his brief encounter with Howe.

Howe, also known as "Mr. Hockey," died Friday. He was 88.

Crosby described Howe as the ultimate role model, someone he was fortunate to have met.

The two legendary figures connected after a game between the Penguins and Red Wings at Joe Louis Arena in Detroit, early in the career of the Pittsburgh captain. It was an unexpected meet-and-greet between two of the top players of their respective eras.

Crosby remembers being struck by how kind and genuine Howe was.

"He's probably met so many people over the years, but I think for anyone who's met him, they'll tell you that he makes you feel pretty comfortable," said Crosby, who was speaking ahead of Game 6 of the Stanley Cup final.

Like Wayne Gretzky, who has described Howe as his hockey idol, Crosby, too, was influenced by the longtime Red Wings great. He said those like Gretzky and Howe set an example for him not only on the ice but off it, in terms of their dedication to the sport.

"Those are kind of things you love about a hockey player, the way they work, the way they compete. He was one of the best at it," Crosby said.

"When you think of hockey, that's who you think of, you think of Gordie Howe. The way he played, the way he conducted himself, he's a role model for a lot of people, including myself."

THE CANADIAN PRESS

Go to metronews.ca for coverage of Game 6 of the Stanley Cup final

Germans off on the right foot

EURO 2016
GROUP STAGE

World Cup 2014 champs beat Ukraine in opening match

Germany began its campaign to add the 2016 European Championship to its 2014 World Cup with a promising 2-0 victory over Ukraine on Sunday.

Shkodran Mustafi's header set Germany on its way to a win that was sealed by

25 metres

Luka Modric put in an early bid for goal of the tournament on Sunday as he strode forward into the path of a high clearance and sent a 25-metre shot past a diving Volkan Babacan into the Turkish net in Croatia's 1-0 win.

GROUP C In Lille



substitute Bastian Schweinsteiger in the second minute of injury time, just two minutes after the midfielder had come on to the pitch.

The day's earlier matches both ended in 1-0 finals, with a wonder strike from Luka Modric seeing Croatia beat Turkey in a bruising encounter and Arkadiusz Milik scoring for Poland

FRANCISCO LEONG/AFP/GETTY IMAGES



German centre back Jerome Boateng clears a ball off of Manuel Neuer's goal-line on Sunday in Lille, France. DENIS CHARLET/AFP/GETTY IMAGES

against Northern Ireland.

In the dying minutes of its match, Germany surged forward on the break and Mesut Ozil provided the perfect cross from the left flank for Schweinsteiger to hammer into the net.

"A Bastian Schweinsteiger is

worth his weight in gold," Germany coach Joachim Loew said.

Schweinsteiger, who suffered his second serious knee injury of the year in training on March 22 and hadn't played since, could barely believe the way his luck had turned.

"Incredible that something like this can happen, you can

only wish for it," he said.

There were similar feelings for Modric after he beat Volkan Babacan in the Turkey goal.

The Real Madrid midfielder wasn't aware that a Croatia fan had breached the stadium security and got onto the pitch to celebrate with the players.

"After scoring this kind of

+ **MORE OPENERS**

FRIDAY
France 2, Romania 1

SATURDAY
Switzerland 1, Albania 0
Wales 2, Slovakia 1
England 1, Russia 1

goal I didn't even notice at first," Modric said of the incident. "If he went on the pitch, he went with a really positive attitude."

Poland fully deserved its win over a Northern Ireland side that looked out of its depth.

Poland forward Robert Lewandowski, qualifying's top scorer, was marked out for large stretches of the game, but this created space for others and the attacking midfielder Milik scored the decider with a low shot in the 51st minute.

"This team is very experienced and we know that this was just only the first match,"

midfielder Grzegorz Krychowiak said through a translator. "In order to win the tournament, we cannot be satisfied with just three points tonight."

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RECIPE Panzanella

PHOTO: MAYA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

This rustic salad is a revelation if you've never had the Tuscan summer classic. Get the best, preferably heirloom, tomatoes you can find for the best result.

Ready in

Prep time: 10 minutes
Cook time: 5 minutes

Ingredients

- 1 cup extra virgin olive oil
- 1/2 red wine vinegar
- 1/2 tablespoon Dijon mustard
- salt and pepper to taste
- 4 cups of slightly stale, crusty bread, cubed
- 4 tomatoes roughly chopped
- 1 cucumber peeled and roughly chopped
- 1 yellow pepper
- 1/2 red onion finely sliced or chopped
- 1/2 cup pitted black olives

• 1/2 cup or so of shaved Parmesan

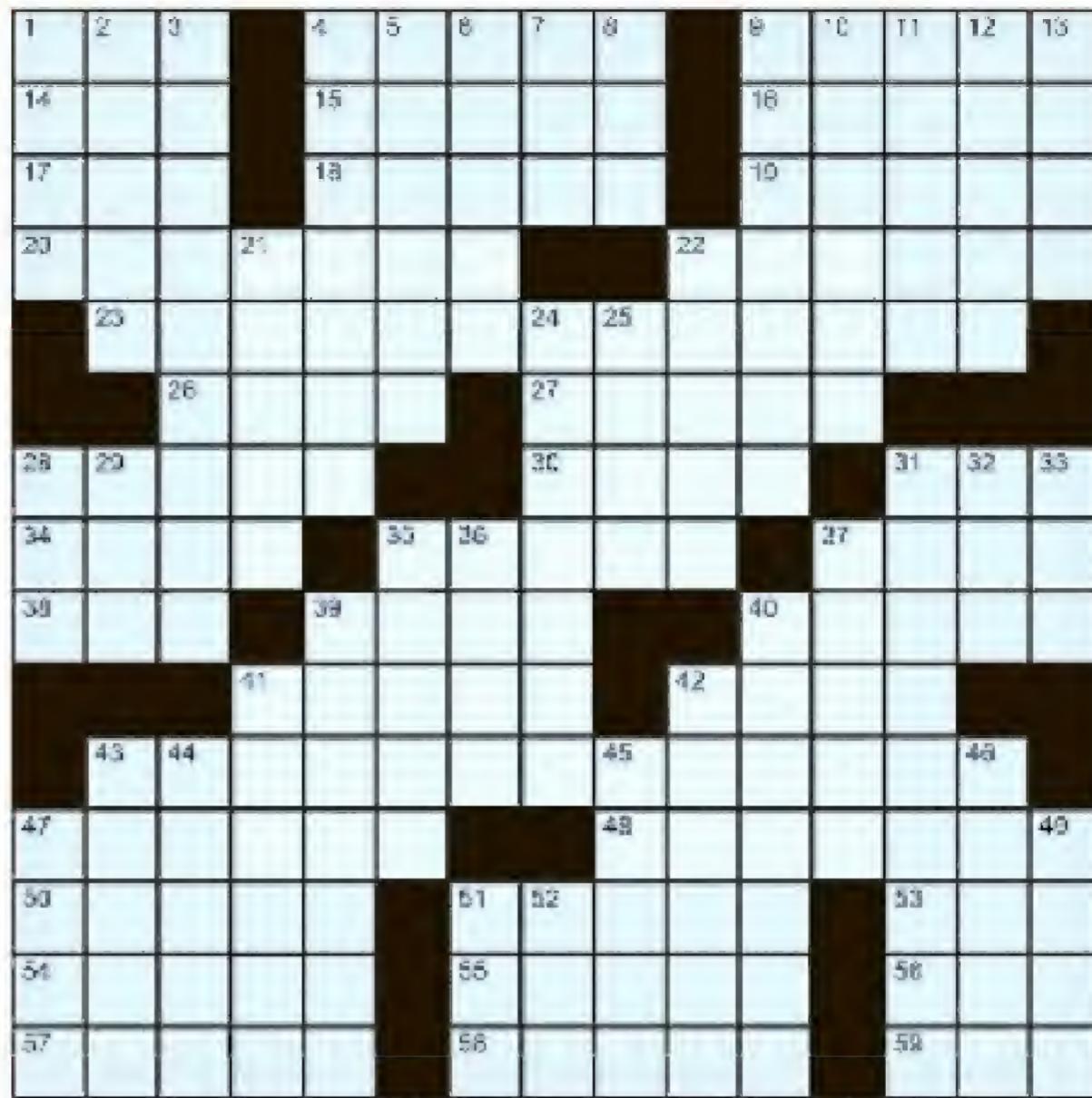
Directions

1. Pour oil, vinegar, Dijon and salt and pepper into a small jar, place the lid on and shake well.
2. In a large salad bowl, toss together the bread, tomatoes, cucumber, pepper, onions, black olives and Parmesan.
3. Drizzle the salad with some dressing and toss, then repeat, giving the bread a chance to drink up the dressing. You want the bread to be moist but not drowned.
4. There will be more dressing than you need, but you'll need more than you'd use for a regular salad as the bread will drink it up.

FO MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

1. Mr. McDonald, Science journalist who hosts #43-Across
4. Be a war journalist inside a military unit
9. Donald of Steely Dan
14. Yore's 'before'
15. 'All true!': 2 wds.
16. Sheep-like
17. Mr. Asner's
18. Toast's border
19. _-_-r-t-i-o-n-i-s-t (Acrobat)
20. Dog, when responding to a throwing-a-stick human
22. Arizona city in "Get Back" by The Beatles
23. Cultural attraction in Victoria, founded in 1886; 3 wds.
26. Thurs. followers
27. Montreal stop sign word
28. Just joking: 2 wds.
30. Some bar drinks
31. Pussycat Dolls hit: "Don't _"
34. Views
35. Intelligent individuals institution
37. Decked out
38. Dept. head
39. Streetside eatery
40. Ray Charles' instrument
41. Shindig
42. Cottage's left-out garbage rummager
43. Long-running CBC Radio One program about news in the world of science: word + symbol + word
47. Radio dials
48. Like the not-in-the-oven-yet linfoil-wrapped potato
50. Risky/complicated
51. Picture
53. Nightfall
54. Brief beginning
55. Ranked



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